

Agile Dynamic Motion Trainer Buying Guide

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Agile Dynamic Motion Trainers are members of the elliptical trainer family. Agile Dynamic Motion Trainers, however, are set apart from traditional elliptical trainers by their unique bi-concave motion. Smooth Fitness created the Agile DMT and is the only company in the industry that makes and sells this innovative product.

There are currently five different Agile DMT models: the [DMT X 2 elliptical trainer](#), the [DMT X1 elliptical trainer](#), the [DMT elliptical trainer](#), the [CE 3.7 elliptical trainer](#), and the [CE 2.7 elliptical trainer](#). The DMT models all have 12 distinct patterns of motion. The CE models have 3 different patterns of motion.

With any of the Agile Dynamic Motion Trainers, you can get a great total body workout that is practically impact-free. The design of these machines eliminates most of the stress and strain to the knees and shins, making the risk of injury or long-term discomfort almost non-existent.

Biomechanics

Traditional elliptical trainers use a “pushup convex” motion. Agile Dynamic Motion Trainers use a “swing-up” motion, which follows a more natural walking or running pattern. This swing-up motion allows the lower leg to swing naturally during the forward step. The toes remain in front of the knee throughout this forward motion. Stress and strain on the joints and bones are drastically reduced, eliminating long-term knee pain.

The swing-up motion of the Agile DMT allows users to experience fluid movement while working a variety of muscles. Muscle activity in the shin area is decreased, alleviating shin stress and providing maximum comfort during workouts.

A traditional elliptical trainer creates a counter force on the knee, as the convex pattern forces the body to push the pedal. This shearing effect is due to the improper angle of the knee. Over time, this knee shear may cause discomfort and pain or numbness. An Agile DMT, on the other hand, can provide a total body workout while keeping the body in line. This prevents the shearing effect and lowers the risk of discomfort symptoms that are caused by other elliptical trainers.

Benefits of Agile Dynamic Motion Trainers

The Smooth Fitness Agile Dynamic Motion Trainers provide several exercise and fitness benefits:

- When set on the lower levels (1-4), these machines provide a total body elliptical-style workout, focusing on no-impact aerobic benefits.
- The mid-levels (5-8) provide a total body workout while focusing on a balanced muscle workout on all major muscle groups.
- The highest levels (9-12) provide a total body workout with a focus to the abdominals, gluteus muscles, quadriceps, and arms while reducing stress on the shins. Levels 9 through 12 are excellent settings to use for toning, firming, and tightening.
- Agile trainers have gradual transitional movement (GTM). Unlike the rapid, jarring transitional movement created with traditional elliptical trainers, Agile Dynamic Motion Trainers slowly transition from one movement to another. This gradual transition allows muscles to adapt to change in motion, resulting in a smooth, fluid movement.
- The patented design of the ergonomic pedal on the Agile DMT models allows the pedal to rotate with the natural movement of the body, eliminates impact, strengthens stabilizing muscles, and makes workouts more comfortable. (Traditional elliptical trainers

do not rotate with the natural movement of the body, causing discomfort and impact on the body.)

Features and Specifications

Although features found on Agile Dynamic Motion Trainers vary somewhat from one model to another, each model is well-built, dependable, and capable of providing an efficient total body workout in as little as 20 minutes.

Following are lists of features and specifications for each Smooth Agile Dynamic Motion Trainer:

Smooth CE 2.7 Elliptical Trainer

- **Elliptical Resistance Adjustment** – Magnetic brake system
- **Pedals** – Articulating (self-pivoting) pedals with shock-absorbing cushions reduce joint stress and prevent heel slapping, thus eliminating toe numbness and sore arches.
- **Stride Length** – 18” to 21” stride adjusts to suit your body size, as well as personal preference and comfort.
- **Intensity Levels** – 16 levels of intensity offer exercise variety and challenge and help to keep you motivated and on track to reach your fitness goals.
- **Three Distinct Patterns of Motion** – 14-45% incline ranges from standard elliptical mode to fully-extended Agile mode, allowing you to work your body in different ways.
- **Nine User Profiles** – Input and store information for up to 9 users
- **Nine Preset Programs** – Challenging programs, with over 50 different courses, prevent boredom as they test your strength and endurance. Programs include Manual, Target Distance, Target Time, Target Calories, Fat Burning, Random, Interval Intensity, Watts Control, and Heart Rate Control.
- **Backlit LCD Display** – Easy-to-read display shows resistance profile, speed, RPM, time, distance, program level, watts, pulse, and calories burned.
- **Polar® Wireless Heart Rate Sensor and Hand Grip Pulse Sensors** – When used together, these sensors provide the most accurate heart rate readings during workouts. The hand grip sensors may be used independently of the wireless strap, however. (*Chest strap is optional.*)
- **Built-in Fan** – When you’re working really hard, this built-in fan can help keep you cool and comfortable.
- **Maximum Pause Time** – 3 minutes
- **Maximum Workout Time** – 99 minutes
- **Transport Wheels** – Allows you to easily move the bike from one location to another.
- **Floor Level Adjustment** – Keeps the unit level for smooth, stable workouts.
- **Elliptical Dimensions** – 72” L x 33” W x 64” H
- **Weight of Unit** – 204 lbs.
- **Maximum User Weight** – 325 lbs.
- **Color of Unit** – Gray with glossy white accents
- **Power Supply** – AC 110V Input

Smooth CE 3.7 Elliptical Trainer

- **Elliptical Resistance Adjustment** – Magnetic brake system
- **Pedals** – Ergonomic articulating (self-adjusting) pedals rotate with the natural movement of the body to eliminate impact and reduce stress to the joints and feet.
- **Stride Length** – 18” to 21” adjustable stride lets you choose the stride length that feels the most comfortable to you.

- **16 Intensity Levels and 3 Patterns of Motion** – 16 intensity levels make this elliptical trainer perfect for beginners and advanced athletes, as well. Vary the intensity of your workouts to challenge your body and to stay motivated to exercise. The 3 distinct patterns of motion allow you to work in a standard elliptical mode to a fully-extended Agile mode.
- **Nine Preset Programs** – These challenging programs provide over 50 different courses to prevent boredom and to help your body achieve a higher level of fitness. Programs include Manual, Target Distance, Target Time, Target Calories, Fat Burning, Random, Interval Intensity, Watts Control, and Heart Rate Control.
- **iPod Docking Station with Speakers** – One of the best ways to stay motivated during workouts is to play your favorite tunes. With the iPod docking station and built-in speakers, just plug in your iPod and start rocking!
- **Heart Rate Control** – Use the wireless heart rate monitor and the built-in sensors in the handlebars together or separately to ensure that you work in the desired heart rate range. With the use of the chest strap, the heart rate control will automatically adjust the intensity of your workout to keep you within the heart rate range that you select. (*Chest strap is optional.*)
- **Multi-color LCD Display** – The multi-color console lets you clearly track the progress of your workouts. Displayed are resistance profile, motion profile, speed, RPM, time and distance traveled, program level, watts, pulse rate, and calories burned.
- **Built-in Fan** – Stay cool and comfortable during workouts with this built-in cooling fan.
- **Maximum Pause Time** – 3 minutes
- **Maximum Workout Time** – 99 minutes
- **Transport Wheels** – Allows for easier movement of the bike from one location to another.
- **Floor Level Adjustment** – Adjustment makes the unit level for smooth, stable workouts.
- **Elliptical Dimensions** – 72" L x 33" W x 64" H
- **Weight of Unit** – 204 lbs.
- **Maximum User Weight** – 325 lbs.
- **Color of Unit** – Gray with glossy white accents
- **Power Supply** – AC 110V Input

[Smooth Agile DMT X1 Elliptical](#)

- **Twelve Levels of Motion and 16 Intensity Levels** – With such a wide range of motion and 16 intensity levels, you can constantly challenge your muscles and prevent muscle adaptation. Workouts never need to be boring, and endurance and strength can continue to improve.
- **Pedals** – Pedals are articulating (self-adjusting) and shock-absorbing to provide maximum comfort and eliminate impact. Joint stress and foot strain are greatly reduced, as is the heel slapping that causes toe numbness.
- **18" to 21" Stride Length** – Adjust the stride length to fit your body size for optimal workout comfort.
- **Three Workouts in One** – Build muscle, burn calories, and strengthen your heart and lungs with the Agile DMT X1 elliptical. Get a total body workout at home in as little as 20 minutes.
- **Back Light LCD Display** – The backlit display is easy to read as you exercise. The display shows calories burned, distance, time, program level, resistance profile, motion profile, speed, RPM, watts, and pulse rate.
- **Patented Life Touch Thumb Control** – Adjusting the intensity and motion of your workout is as simple as sliding your thumb over the infrared sensor. You don't even have to take your hands off the handlebar!
- **Heart Rate Control** – Put on the wireless chest strap, select your desired maximum heart rate level, and let the heart rate control automatically adjust the intensity level of

- your workouts. There are also pulse sensors in the handlebars for monitoring your heart rate without the chest strap.
- **Built-in Adjustable Fan** – For maximum comfort during workouts, the built-in fan with three speeds provides a nice, refreshing breeze.
 - **Five Custom Programs** – Customizable programs let you decide how easy or difficult your workout will be. With such versatility, you can modify your workouts to meet your fitness needs and goals.
 - **Nine Preset Programs** – Choose among Manual, Target Distance, Target Calories, Fat Burning, Interval Intensity, Interval Motion Endurance, Watts Control, and Heart Rate Control. The variety of workout programs is sure to help you achieve your fitness goals and keep you motivated to exercise regularly.
 - **Maximum Pause Time** – 3 minutes
 - **Maximum Workout Time** – 99 minutes
 - **Transport Wheels** – Transport wheels makes it easier to move the elliptical trainer from one location to another.
 - **Floor Level Adjustment**
 - **Unit Dimensions** – 74" L x 32" W x 63" H
 - **Unit Weight** – 223 lbs.
 - **Maximum User Weight** – 350 lbs.
 - **Frame Materials** – 11-gauge powder-coated steel
 - **Color Configuration** – Glossy white with gray accents
 - **Power Supply** – AC 110V Input
 - **Resistance Adjustment** – Electromagnetic brake system

Smooth Agile DMT X2 Elliptical

- **12 Motion Levels and 16 Intensity Levels** – Constantly challenge your body with 12 distinct ranges of motion and 16 intensity levels. Muscles won't have a chance to adapt. Strength and endurance can improve indefinitely.
- **Resistance Adjustment** – Electromagnetic brake system
- **Self-pivoting (Articulating) Pedals with Cushions** – Articulating pedals adjust to the natural motion of your body. The shock-absorbing cushions eliminate impact and reduce stress and strain to the joints and feet.
- **Five Custom Programs** – Create your own workout programs that challenge and motivate you to reach your fitness goals.
- **Nine Preset Programs** – Mix up your workouts by alternating among the nine built-in programs. Your body will stay challenged, and you will avoid exercise boredom. The programs include Manual, Target Distance, Target Time, Target Calories, Fat Burning, Interval Intensity, Interval Motion Endurance, Watts Control, and Heart Rate Control.
- **Wireless Heart Rate Control and Handgrip Pulse Sensors** – Use the wireless chest strap and let the elliptical trainer automatically adjust the intensity of your workouts based upon your selected maximum heart rate. If you prefer, you may monitor your heart rate through the handgrip sensors in the handlebars. Use the wireless sensor and the handgrip sensors together to get the most accurate reading possible.
- **Multi-color LCD Display** – The multi-color LCD display is clear and easy to read. It shows resistance profile, motion profile, RPM, speed, time, distance, calories burned, program level, watts, and pulse rate.
- **iPod Docking Station with Speakers** – Workouts can be more enjoyable while listening to music. Just plug your iPod into the built-in docking station and jam to your favorite tunes. (Not compatible with iPhone.)
- **Thumb Control Handgrips** – Change the intensity and motion of your workouts simply and easily by sliding your thumb across the infrared sensor. You don't even have to take your hands off the handlebars!

- **Built-in Adjustable Fan** – Choose from three speeds on this built-in adjustable fan to enjoy a refreshing breeze of cool air. Workouts will be more comfortable and pleasant.
- **Maximum Pause Time** – 3 minutes
- **Maximum Workout Time** – 99 minutes
- **Maximum User Weight** – 350 lbs.
- **Unit Weight** – 223 lbs.
- **Floor Level Adjustment** – Stabilize the unit with the floor level adjustment to ensure smooth, steady operation.
- **Transport Wheels** – Attached wheels come in handy when you need to move the elliptical machine to another location.
- **Unit Dimensions** – 74" L x 32" W x 63" H
- **Frame Materials** – 11-gauge powder-coated steel
- **Color Configuration** – Glossy white with gray accents
- **Power Supply** – AC 110V input

Smooth Agile DMT Elliptical

- **12 Distinct Patterns of Motion and 20 Intensity Levels** – No matter what your fitness level, you can always get a challenging workout on the Agile DMT elliptical machine. The 12 ranges of motion go from the standard elliptical mode to the fully-extended Agile mode. Twenty intensity levels allow you to work as easy or as hard as you desire.
- **Articulating, Shock-Absorbing Foot Pedals** – These pedals follow the natural movement of the body and cushion the foot to protect the body against strain and stress.
- **Patented Life Touch Thumb Control** – Your hands never have to leave the handlebars to change the intensity or motion of your workouts! Simply slide your thumb across the infrared sensor to make those adjustments.
- **Wireless Heart Rate Control** – Wear the chest strap to let the unit automatically adjust the intensity of your workouts to keep you within the designated heart rate range. There are also built-in pulse sensors in the handlebars for monitoring your pulse.
- **Resistance Adjustment** – Electromagnetic brake system
- **Nine Preset Programs** – Choose from these nine preset workout programs to diversify your exercise sessions, to prevent exercise boredom, and to continuously challenge your body to perform and improve. The programs include Manual, Target Distance, Target Time, Target Calories, Interval, Endurance, Watts Control, Fat Burning, and Heart Rate Control.
- **Five Window LED Display** – Monitor the progress of your workouts on this easy-to-read LED console.
- **Maximum Pause Time** – 3 minutes
- **Maximum Workout Time** – 99 minutes
- **Transport Wheels** – This machine is quite heavy, so the transport wheels are truly a necessity to wheel it from one point to another. Even with the aid of the transport wheels, however, you probably won't want to move this one around very often.
- **Floor Level Adjustment**
- **Water Bottle Holder**
- **Unit Dimensions** – 73" L x 31" W x 65" H
- **Unit Weight** – 390 lbs.
- **Maximum User Weight** – 400 lbs.
- **Frame Materials** – 11-gauge powder-coated steel
- **Power Supply** – AC 110V input
- **Unit Color** – Glossy metallic black, red, silver

Mechanics

All five Agile Dynamic Motion Trainers are rear drive. These machines are made with high-quality, oversized sealed bearings at the pivot points, which require no maintenance. They also have self-aligning sealed bearings which require no maintenance. Together, the two types of bearings ensure smooth Agile motion, quiet operation, maximum life, and superior durability. There are no bushings to lubricate and no rollers or tracks to clean or replace.

Recommendations

You can't go wrong with any of the Smooth Fitness Agile Dynamic Motion Trainers. Each model is a quality machine that is backed by an industry leading parts warranty and a two-year in-home labor warranty. Deciding which one to buy will depend upon how much money you want to spend and which model best meets your personal needs.

If cost is a concern, the [Smooth CE 2.7 elliptical trainer](#) is the most affordable of the Agile machines. It can accommodate users up to 325 pounds and offers a number of the same great features found on the other models. It doesn't have an iPod docking station, and it has only three different ranges of motion. Nevertheless, the CE 2.7 is a durable and reliable elliptical trainer that can provide an efficient total body workout in as little as 20 minutes. Its nine preset programs offer considerable workout variety to keep you motivated to exercise. Sixteen levels of intensity ensure that your body is adequately challenged to meet your fitness goals. The CE 2.7 is, indeed, a good buy.

If money is no object, consider the [Smooth Agile DMT elliptical](#). This model is like the Lexus of the Agile trainers. It has the capacity to accommodate users up to 400 pounds. It is loaded with great features. It weighs almost 400 pounds, so you can be sure that it is a solid, durable machine. With 12 biomechanically correct levels of motion and 20 intensity levels, you can increase your strength and endurance continuously. Try out different workout programs during each exercise session to prevent boredom and to challenge your body more.

If the CE 2.7 doesn't have quite as many features as you'd like, and the Agile DMT elliptical has more than you need, don't forget that there are three other models from which to choose, and one of those may be just what you're looking for.